

Montgomery County Department of Recreation

# Therapeutic Recreation

Programs for Individuals with Disabilities



Phone: 240-777-4925 | TTY: 240-777-6974

Internet: [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)

Montgomery County  
RECREATION  
DEPARTMENT



**Therapeutic Recreation**

3950 Ferrara Drive

Wheaton, Maryland 20906

## Mailing List Update

We are updating our mailing list.

To add or remove your name from our list,  
please call 240-777-4925, or send an email to  
[rec.mainstream@montgomerycountymd.gov](mailto:rec.mainstream@montgomerycountymd.gov)

**Cancellation Policy:** The cancellation of MCRD scheduled programs is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP FM 103.5 and AM 820 and WMAL AM 630. Weekdays and weekends when schools community activities are closed due to weather conditions or other emergencies all programs are cancelled, regardless of facility. The MCRD program message line is 240-777-6889. This recording will be updated regarding cancellations for MCRD classes, activities and sports programs.

## Therapeutic Recreation Dances

For teens and adults, ages 15 and up, with disabilities. DJ, refreshments and opportunities for socialization. Transportation must be arranged prior to the event, with pick-up at 10:00pm. Bring ID for check in. **A REGISTRATION FORM IS NOW REQUIRED. PLEASE PRE-REGISTER.**

**Cost:** \$5.00 club member, \$7.00 non club member

**Location:** Holiday Park Sr. Center, 3950 Ferrara Drive, Wheaton

**Time:** 7:00pm-10:00pm

### Spring Garden Party Dance

**Saturday, April 25, 2009**

Enjoy an elegant evening of lights and flowers and dancing with friends. Semi-formal dress.

243416 Holiday Park SrC 4/25 Sa 7:00pm

### Bahamas Blast Dance

**Saturday, June 13, 2009**

Summer's coming and we're ready for the sun and fun! Wear your favorite beach shirts and shorts.

243417 Holiday Park SrC 6/13 Sa 7:00pm

### Recreation Department Late Pick Up Policy

An overtime fee of \$10 for each fifteen minutes (or portion of 15 minutes) is assessed regardless of the reason for being late. Payment is due at the time of pick up. Individual may not participate in future activities until late payment is made.

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services, please call a mainstream facilitator (240-777-4925) to discuss your needs.

## Helping Out in Therapeutic Recreation Volunteer Opportunities

Come out to one of our dances or special events and give a hand to a teen or adult. Support a child during a weekend movement or cooking class. Enhance the experience for a participant in a swimming class by assisting in the evenings during the week. We are always looking for enthusiastic volunteers to assist with these activities!

All Therapeutic Recreation Volunteer Positions are approved through MCPS and most private schools as beneficial Student Service Learning Activities.

For more information, please call 240-777-4925.

## Mainstreaming Opportunities

Individuals with disabilities are encouraged to register for programs offered by the Department of Recreation. To facilitate your inclusion, you may request auxiliary aids and services.

Interpreters, large or Braille print, other auxiliary aids or services, must be requested at least two weeks prior to the start of the program. Companions may be requested to provide one-to-one assistance for a recreation program. Companions are volunteers and placements are not guaranteed. To schedule an intake request, please call 240-777-4925. TTY 240-777-6974.

## Employment Opportunities

Experience working with individuals with disabilities preferred. Evenings and weekend hours are available. For more information, please call 240-777-4925.

## RecTransitions

RecTransitions is a Therapeutic Recreation program designed for middle and high school students enrolled in Special Education. Students enrolled in the School Community Based (SCB) and the Learning For Independence (LFI) programs are the targeted audience. Rec is short for Recreation and Transitions refers to the Transition Program that moves students from school to work. Combining the two areas prepares students for recreational opportunities that they may pursue during their leisure time. Offerings this year include Water Aerobics, Yoga, Hip Hop Line Dance and Circuit Training classes. Contact your child's school or our office at 240-777-4925 if you are interested.

## Weekend Adult Social Clubs

Adult clubs are designed to enhance community participation, skill development, and decision making skills. Activities are detailed in a Calendar of Events that include outings to restaurants, theatres, sporting events, and more! All club participants should have basic money management skills and be able to indicate basic needs. Spring schedule will begin in April. You may register for Spring Club membership for Active Adults or Weekenders for a seasonal fee of **\$40.00**.

### Membership Process

To be a club member, simply fill in the name of the club on the registration form, choose the type of membership, and pay the amount. You will receive a Calendar of Events that will have barcodes for each activity. All registrations should be sent to: MCDR, Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902.

### Active Adults Club

Adults, ages 21 and older with developmental disabilities. Events require members to actively participate in community trips and group activities. 1 staff to 5 participants. Average 2-3 activities per month.

**Spring Membership only (April-June)                      \$40.00**

### Weekenders Club

Adults, ages 21 and older with learning disabilities. This club serves independent members in group activities that are socially exciting in the community. 1 staff to 6 participants. Average 2-3 activities per month.

**Spring Membership only (April-June)                      \$40.00**

### Socializers

Adults, ages 21 and older with learning disabilities, physical disabilities, vision and/or hearing impairments. 1 staff to 10 participants. Average 1 activity per month.

**Base meeting site: Inwood House (July-June)                      \$50.00**

### Mission Statement

The Therapeutic Recreation Team provides accessible leisure, educational and personal development activities for individuals with disabilities through mainstreaming and adaptive programs.

## Youth Programs

### Creative Expression and Dance

**Children, Ages 5-12, with mild developmental delays:** This dance and creative movement class will offer young children the opportunity to increase motor skills and develop self-confidence and creativity through the art of dance. 1 staff to 4 participants.

**6 forty-five minute sessions    \$30.00**  
243415   Bauer Drive CC    3/24                      Tu                      4:30pm

### \*New\* E-Z Hip Hop

**Ages 7-14:** Introduction to fresh and exciting dance moves to the beat of hip hop music. Designed especially for children with developmental disabilities and their peers. Movements are also adapted for individuals who use wheelchairs or other mobility devices. Participants should be able to follow two-step instructions. Instructor: Sue Green

**8 forty-five minute sessions    \$60.00**  
243391   Holiday Park SrC    4/18                      Sa                      9:00 am

### TR Cooking for Kids-Now at Germantown CC!

**Ages 7-12 with disabilities:** Everyone will help make, eat, and clean up a tasty snack each class. Will it be more fun making it or eating it? You decide! Focus will be safe food preparation, healthy food choices, and socialization. Parent participation is optional. 1 staff to 4 participants. No personal care provided.

**6 two-hour sessions    \$45.00**  
243414   Germantown CC    4/18                      Sa                      12:15 pm

### Karate for Individuals with Disabilities

**Age 6 to Adults:** Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor planning and coordination. Classes will include stretching and calisthenics as an introduction to physical fitness. New students attend 9:00 class.

**10 forty-five minute sessions    \$88.00**  
243399   Holiday Park SrC    3/14                      Sa                      9:00 am  
243400   Holiday Park SrC    3/14                      Sa                      10:00 am

## NEW! Adventure Club

**Ages 10-15 with and without disabilities.** This outdoor club is focused on inclusion. These trips involve extensive walking and/or physical exertion. Swimming ability required. Participants should be in good physical health and be able to communicate needs. Must bring water and a bag lunch. No personal care provided. 1 staff to 6 participants. All trips leave from Holiday Park Senior Center.

**3 four-hour sessions** **\$100.00**

249923 Holiday Park SrC Su 1:00pm

Team Building and Hike 5/17

Canoeing 5/31

Sea Kayaking 6/21

## Teen and Adult Programs

### TR BIG Game Nights

**Ages 13 and up with disabilities:** Have fun playing oversized games with your friends, and come make new friends, too. Board games, cards, bingo, and more! Program meets second and fourth Friday of the month. 1 staff to 5 participants; no personal care.

**4 two-hour sessions** **\$32.00**

243419 Holiday Park SrC 4/24 F 7:00 pm

### TR Teen Fun Times

**For teens ages 13 to 21 with disabilities:** This restructured 6 week class includes arts and crafts activities, movements and dance, and local trips into the community. Participants should be able to indicate basic wants and needs, follow two-step directions, and stay with the group in community. No personal care provided.

**6 two-hour sessions** **\$60.00**

243418 Holiday Park SrC 4/18 Sa 11:00 am

### Afternoon Rec-Bowling

**Teens and Adults, Ages 13 and up, with disabilities:** The lanes are ready for you to get in some afternoon bowling. \*You pay \$3.50 per game, includes shoe rental and lane bumpers. Pay at Bowl America (1101 Clopper Road in Gaithersburg). Class dates to be announced. No personal care provided. 1 staff to 8 participants.

**6 one-hour and thirty-minute sessions \*No registration fee**

243387 Bowl America 4/23 Th 3:30pm

## Withdrawal and Refund Guidelines

The withdrawal and refund policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement.

Withdrawal Request Received:	Submit a Written Request:	Withdrawal Fee Charged:
Eight (8) days or more before the start date of the program...	Mail: MCRD, Attention Refund Request 4010 Randolph Road, Silver Spring, MD 20902 Fax: 240-777-6818 E-mail: <a href="mailto:rec.refund@montgomerycountymd.gov">rec.refund@montgomerycountymd.gov</a> Online: <a href="http://recweb.montgomerycountymd.gov">recweb.montgomerycountymd.gov</a>	No Fee
Seven (7) days or less before the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available	\$20 Fee per program
On or after the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available.	\$20 Fee per program plus a prorated charge for the number of classes that have met.
After the last scheduled date of the program...	No requests will be considered.	No Refund

If the Department cancels a program, changes a location or time and you cannot attend, or the program is full, you will receive a full credit to your Recreation Department account or a refund.

Your written request must include the participant's name, payer's name, address, phone number, course number, and reason for withdrawal. All credits will be posted to your Recreation Department account unless a refund is specifically requested.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.



## Ways to register

- RecWeb online: [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)
- STARline: 240-777-8277
- Fax: 240-777-6818 (payment by VISA or MasterCard)
- Mail: Registrar, 4010 Randolph Road, Silver Spring, MD 20902

## Payment Information

Full payment is due with registration. Non-county residents pay an additional \$10 per participant per activity. Financial assistance is available to county residents who qualify. Call 240-777-6840 for information. If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

## Withdrawal Policy

Requests for withdrawal must be submitted in writing. If your written withdrawal request is received on or after the start date of the program, your credit will be pro-rated based on the date the request is received. In addition, all refunds and all written withdrawal requests received seven days or less before the start date of the program are subject to a \$20.00 withdrawal fee.

## Facility Locations

**Bauer Drive Community Center** 14625 Bauer Drive, Rockville  
**Damascus Community Center** 25520 Oak Drive, Damascus  
**Germantown Community Center** 18905 Kingsview Road, Germantown  
**Germantown Indoor Swim Center** 18000 Central Park Circle, Boyds  
**Good Hope Community Center** 14715 Good Hope Road, Silver Spring  
**Holiday Park Senior Center** 3950 Ferrara Drive, Wheaton  
**Inwood House** 10921 Inwood Avenue, Silver Spring  
**Martin Luther King Swim Center** 1201 Jackson Road, Silver Spring  
**Montgomery Aquatic Center** 5900 Executive Boulevard, N. Bethesda  
**Olney Indoor Swim Center** 16605 Georgia Avenue, Olney  
**Potomac Community Center** 11318 Falls Road, Potomac  
**UpCounty Community Center** 8201 Emory Grove Road, Gaithersburg  
**Wheaton Community Center** 11711 Georgia Avenue, Wheaton

## NEW! T-Ball League

**For Teens and Adults, ages 18 & older, with developmental disabilities.** PRE-REGISTRATION REQUIRED Sponsored by the Sports & Therapeutic Recreation Teams. Further information, call 240-777-4925 or 240-777-6870. Begins 4/26/09.

## Slow 'n Easy Aerobics

**Ages 15 and up, with disabilities.** Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to follow two-step instructions. 1 staff to 10 participants. No class 5/25.

8 one-hour sessions				\$33.00
243409	Wheaton CC	4/20	M	7:00 pm
243410	Potomac CC	4/14	Tu	7:00 pm
243411	Damascus CC	4/16	Th	6:30 pm
243412	Bauer Drive CC	4/16	Th	7:00 pm

## Fun, Rhythm & Roll!

**Ages 15 and up, with disabilities:** Enjoy moving to a world of rhythms. Engage in playful rhythmic movement for fitness and coordination. Includes line dances, circle dances, folk dances. Designed especially for teens and adults with developmental disabilities. Movements are also adapted for people who use wheelchairs or other mobility devices. Participants should be able to follow two-step instructions. Instructor: Sue Green

10 forty-five minute sessions				\$75.00
243390	Holiday Park SrC	4/4	Sa	10:00 am
243392	Holiday Park SrC	4/4	Sa	11:00 am

## NEW! Turn the Beat Around

**Ages 15 and up, with disabilities:** Introduction to basic movement to music for exercise and social dancing. Participants should be able to follow two-step instructions. 1 staff to 10 participants.

8 one-hour sessions				\$33.00
243421	Bauer Drive CC	4/16	Th	8:00 pm
243422	Good Hope CC	4/15	W	7:00 pm
243423	Upper County CC	4/15	W	7:00 pm

## Adult Swim

**Ages 18 and up, with disabilities.** Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic needs and have minimal self-help skills. 1 staff to 7 participants. No personal care provided.

### 8 one-hour sessions \$35.00

243380	MLK Swim Center	4/14	Tu	8:30 pm
243382	Germantown Swim Ctr	4/15	W	8:30 pm
243386	Olney Swim Center	4/17	F	7:00 pm

### 4 one-hour sessions \$18.00

243381	MAC Swim Center	4/16	Th	8:30 pm
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## New! E-Z Hip Hop

**Ages 18 and up, with developmental disabilities.** Introduction to fresh and exciting dance moves to the beat of hip hop music. Movements are adapted for people who use wheelchairs too. Participants should be able to follow two-step instructions. Instructor: Sue Green

### 8 fifty-minute sessions \$60.00

249615	Wheaton CC	4/3	F	11:30am
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## Fitness Hikes

**Ages 18 and up, with disabilities.** Short day hikes of 4 miles or less. Meet at each location. Trips involve extensive walking and/or physical exertion. Participants should be in good physical health, can communicate needs. No personal care provided. 1 staff to 10 participants. Program meets 4/22, 5/20, 5/27/09

### 3 two hour and thirty-minute sessions \$15.00

249919	see below	W	3:30pm
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4/22/09: Old Angler's Inn to Great Falls

10801 MacArthur Boulevard, Potomac

5/20/09: Historic Black Rock Mill on the Seneca Greenway Trail

16500 Black Rock Road, Germantown

5/27/09: Sugarloaf Mountain

7901 Comus Road, Dickerson

## Beginning Handbuilt Pottery for Adults

**Ages 18 and up, with disabilities.** Handbuilding techniques include decorating, firing, slab, coil and pinch methods. Participants must be able to indicate basic needs. A \$15 material fee is due to the instructor. 1 staff to 8 participants. No personal care provided.

### 8 one-hour sessions \$65.00

243388	Wheaton CC	3/25	W	1:30 pm
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## Water Exercise for People with Multiple Sclerosis

**Ages 18 and up.** The resistance of the water can be used as a tool for stretching. This specially modified class for individuals with MS is designed to help you improve or maintain your fitness and energy, while addressing problems of accessibility and mobility. Instructor: Wellness Network

### 8 fifty-minute sessions \$48.00

249165	Olney Indoor Pool	4/17	F	10:30am
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## Moving with Multiple Sclerosis

**Ages 18 and up, with Multiple Sclerosis.** Exercise helps maintain flexibility in joints and muscle strength, relaxes the body, and promotes a sense of well being. Discussion will focus on ways to keep exercising outside of class.

### 6 one-hour sessions \$35.00

243401	Germantown CC	4/19	Sun	1:00 pm
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## Yoga for People with Disabilities

**Ages 18 and up, with Multiple Sclerosis and similar disabilities.** Enjoy the benefits of stretching and gentle exercise in this adapted yoga. 1 staff to 15 participants.

### 8 one-hour sessions \$35.00

249918	Holiday Park SrC	Th	4/16	4:00pm
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## Water Aerobics for Teens and Adults

**Ages 18 and up, with disabilities.** If you need to get into shape, then this slow paced aerobics class done in shallow water is for you. Workout uses water to cushion feet, knees and back. Emphasis is on fun and improving your cardiovascular conditioning.

### 8 fifty-minute sessions \$60.00

243424	MLK Indoor Pool	4/19	Su	4:00 pm
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Active Adults Club members participate in a Salsa dance class.



Participants get their hands "dirty" rolling cinnamon apple dough.



RecTransitions students get the beat in their E-Z Hip Hop class.



# Registration Form

☐ Check here if new address/phone/email. **Please print.** This form may be duplicated.

PAYER'S: Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Email \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone (     ) \_\_\_\_\_ Work Phone (     ) \_\_\_\_\_ Cell Phone (     ) \_\_\_\_\_

PARTICIPANT'S: Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
(if under 18 years) Mother's Name \_\_\_\_\_ Email \_\_\_\_\_  
Home Phone (     ) \_\_\_\_\_ Work Phone (     ) \_\_\_\_\_ Cell Phone (     ) \_\_\_\_\_  
Father's Name \_\_\_\_\_ Email \_\_\_\_\_  
Home Phone (     ) \_\_\_\_\_ Work Phone (     ) \_\_\_\_\_ Cell Phone (     ) \_\_\_\_\_

Participant's Name (last, first)	Birthdate mm/dd/yy	Sex m/f	School Attending	Grade	Activity Name	Course Number	Location	Start Date	Start Time	Fees*

\*If you are a non-resident, include an additional \$10.00 per participant in the fee for each activity.

☐ Check or Money Order payable to MCRD, Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902.

Total Amount Due: \$

☐ Master Card    ☐ Visa    Card No. \_\_\_\_\_ Expiration Date \_\_\_\_\_

CARDHOLDER: Name (print) \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

If paying by credit card, you may **fax** your registration form to **240-777-6818**. If you need help completing this form, please call 240-777-6840.

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

Participant or Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_